

(1990-2011) TMI Focus HEMI-LYNC Compilations

Hemi-Lync: Making Global Connections was a bulletin board that appeared regularly in the TMI Focus from 1992-2007. It was designed to connect readers with people, events, and publications around the world that had something to share about Hemi-Sync and The Monroe Institute.

Mind Lync (1993-2)

From Jill and Russ Russell of Cambridge, England. comes a suggestion to use our global network of Hemi-Sync participants in a way that serves each of us individually and collectively, a way that allows us to exercise those skills and abilities we've gained from our Hemi-Sync experiences, and that can make a significant positive impact on our reality as we perceive it.

Every Thursday (to establish a weekly routine), we enter into a deeply relaxed state of highly focused consciousness—no time, no space—and connect with that part of ourselves which is all of us. Within that connection, as we sense it, we extend our willingness to experience the connection, simply allowing ourselves to resonate with that vibratory pattern. Then, as we return to full, waking consciousness. we allow the vibration of gratitude to flow naturally and easily from us.

See you “There!”